

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (currently amended) An exercise device, comprising:

a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connected through a first pivot for forward and backward movement relative to said supporting member and being pivotably connectable through a second pivot to a free weight for pivotable movement thereof, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported; whereby

free weights may be attached to said free weight connecting member and supported by said supporting member until used by a weightlifter.

Claim 2 (original) An exercise device as set forth in Claim 1, further

comprising:

a vertical attachment member being adaptable to be
slidably and selectably attachable to a vertical support, said vertical
attachment member coupled to said supporting members.

Claim 3 (original) An exercise device as set forth in Claim 1, further
comprising:

a vertical post, said vertical post coupled to said
horizontal supporting member and serving to support said supporting
member, said vertical post adapted to fit to a weight stand; whereby

the exercise device may be supported by said weight stand
and said weight stand may be retrofit by the exercise device.

Claim 4 (original) An exercise device as set forth in Claim 2, wherein said
vertical attachment member is attachable to said vertical support by
means selected from the group consisting of:

said vertical attachment member defining a hole through
which a pin may pass to secure said vertical attachment member to said
vertical support;

an adjustable set screw selectably fixing said vertical
attachment member to said vertical support; and



a clamp selectably fixing said vertical attachment member
to said vertical support.

Claim 5 (original) An exercise device as set forth in Claim 2, further
comprising:

said free weight connecting member having a free end
connectable to said free weight and a fixed end pivotably coupled
to said vertical attachment member; whereby

a free weight connected to said free end is free to move
vertically about said pivotable fixed end.

Claim 6 (original) An exercise device as set forth in Claim 4, further
comprising:

A counterweight coupled to and counterbalancing said
vertical attachment member.

Claim 7 (original) An exercise device as set forth in Claim 6, further
comprising:

said counterweight traveling through said vertical support;

and

said counterweight defining a slot, said pin traveling
through said slot when said counterweight travels past said pin.

Claim 8 (previously amended) An exercise device as set forth in Claim 24, further comprising:

said counterweight comprising a weight coupled to said vertical support, said counterweight selectably coupled to said vertical attachment member by a crossbar, said crossbar usable by a weightlifter for exercise.

Claim 9 (previously amended) An exercise device as set forth in Claim 1, further comprising:

said supporting member being a horizontal supporting member supporting said free weight connecting member at a height sufficient to allow a maximal lift distance for said weightlifter of said free weights, the height sufficient to allow a minimal descent distance of hands of said weightlifter upon disengaging said free weights.

Claim 10 (original) An exercise device as set forth in Claim 9, further comprising:

said horizontal supporting member performing as a mechanical spotter enabling said weightlifter to disengage said free weights without letting said free weights drop.

Claim 11 (previously amended) An exercise device as set forth in Claim 9, further comprising:

the height being approximately equal to a height of shoulders of said weightlifter.

Claim 12 (previously amended) An exercise device as set forth in Claim 1, further comprising:

a free weight connecting system including a vertical attachment member attached to said free weight connecting member.

Claim 13 (original) An exercise device as set forth in Claim 12, wherein said free weight connecting system further comprises:

an extending member extending outwardly and rearwardly from said vertical attachment member.

Claim 14 (original) An exercise device as set forth in Claim 12, wherein said free weight connecting system further comprises:

a vertical coupling member pivotably coupled to said extending member and pivotably coupled to said free weight connecting member, said vertical coupling member pivotable in a generally horizontal direction.

Claim 15 (previously amended) An exercise device as set forth in Claim 25, wherein said free weight connecting system further comprises:

a stop attached to said extending member and preventing forward movement of said free weight connecting member by limiting pivoting movement of said vertical coupling member.

Claim 16 (original) An exercise device as set forth in Claim 1, further comprising:

a free weight clamp pivotably coupled to said free weight connecting member.

Claim 17 (original) An exercise device as set forth in Claim 16, wherein said free weight clamp further comprises:

first and second forks respectively defining first and second parallel slots, said first fork spaced apart from and parallel to said second fork;

a pivotable coupling coupled to said first and second forks, said pivotable coupling attachable to said free weight connecting member and providing a pivotable connection between said pivotable coupling and said free weight connecting member; and

first and second free weight retaining members pivotably



and respectively coupled to said free weight clamp generally adjacent said first and second forks, said first and second free weight retaining members capable of retaining a free weight held by said first and second forks by preventing extraction of said free weight from said first and second forks until said first and second free weight retaining members are pivoted away from said first and second forks; whereby

said free weight may be removably attached to said free weight clamp, said free weight clamp holding said free weight until selectably released from said free weight clamp to prevent said free weight clamp from dropping said free weight.

Claim 18 (Original) An exercise device, comprising:

 a vertical attachment member;

 an extending member extending outwardly and rearwardly from said vertical attachment member;

 a vertical coupling member pivotably coupled to said extending member

 a free weight connecting system including a free weight connecting member coupled to said extending member by said vertical coupling member and pivotably coupled to said free weight connecting member;



a free weight clamp pivotably coupled to said free weight connecting member, said free weight clamp having:

first and second forks respectively defining first and second parallel slots, said first fork spaced apart from and parallel to said second fork;

a pivotable coupling coupled to said first and second forks, said pivotable coupling attached to said free weight connecting member and providing a pivotable connection between said first and second forks and said free weight connecting member; and

first and second free weight retaining members pivotably and respectively coupled to said free weight clamp generally adjacent said first and second forks, said first and second free weight retaining members capable of retaining a free weight held by said first and second forks by preventing extraction of said free weight from said first and second forks until said first and second free weight retaining members are pivoted away from said first and second forks; so that

said free weight may be removably attached to said free weight clamp, said free weight clamp holding said free weight until selectably released from said free weight clamp to prevent said free weight clamp from dropping said free weight;

a stop attached to said extending member and preventing



forward movement of said vertical coupling member by limiting pivoting movement of said vertical coupling member; and

a horizontal supporting member attached to said vertical attachment member, said horizontal supporting member supporting said free weight connecting member at a height sufficient to allow a lift distance for a weightlifter of said free weight, said height sufficient to allow a descent distance for a hand of said weightlifter upon disengaging said free weight, said horizontal supporting member performing as a mechanical spotter enabling said weightlifter to disengage said free weight without letting said free weight drop, said height being approximately equal to a height of shoulders of said weightlifter, said free weight connecting member resting upon said horizontal supporting member when said free weight connecting member is otherwise not supported; whereby

said free weight may be attached to said free weight clamp and supported by said horizontal supporting member until used by said weightlifter, said horizontal supporting member allowing said weightlifter to freely lift said free weight upwardly and away from said horizontal supporting member and to readily and easily disengage said free weight by resting said free weight connecting member upon said horizontal supporting member.



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Claim 19 (original) An exercise device as set forth in Claim 18, further comprising:

said vertical attachment member being adaptable to be slidably and selectably attachable to a vertical support, said vertical attachment member defining a hole through which a pin may pass to secure said vertical attachment member to said vertical support.

Claim 20 (original) An exercise device as set forth in Claim 18, further comprising:

a vertical post, said vertical post coupled to said horizontal supporting member and serving to support said horizontal member, said vertical post adapted to fit to a weight stand; whereby the exercise device may be supported by said weight stand and said weight stand may be retrofit by the exercise device.

Claim 21 (currently amended) An exercise device, comprising:

a frame; and first and second freeweight connecting members [a] each of said first and second freeweight connecting members [assembly] operatively coupled to said frame for forward and backward movement relative to said frame, said first and second freeweight connecting members being pivotably connectable to [a] first and second free weights and adapted to rest upon stop means operatively



supporting said first and second freeweight connecting members;
whereby

[a] freeweights may be supported by the exercise device
for use by a weightlifter.

Claim 22 (currently amended) An exercise device as set forth in Claim 21,
wherein said frame further comprises:

a vertical support, said vertical support being vertically
adjustable; and

[a] first and second vertical coupling members, said first
and second vertical coupling members pivotably coupling said first and
second freeweight connecting members [assembly] to said vertical
support.

Claim 23 (original) An exercise device as set forth in Claim 21, further
comprising:

a horizontal support, said horizontal support being said
stop means; and

a vertical post supporting said horizontal support, said
vertical post being vertically adjustable, said vertical post aligned with
said frame.

Claim 24. (original) An exercise device, comprising:

a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connectable to a free weight, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported;

a vertical attachment member being adaptable to be slidably and selectably attachable to a vertical support, said vertical attachment member coupled to said supporting members;

a vertical post, said vertical post coupled to said horizontal supporting member and serving to support said supporting member, said vertical post adapted to fit to a weight stand; whereby

the exercise device may be supported by said weight stand and said weight stand may be retrofit by the exercise device;

said vertical attachment member is attachable to said vertical support by means selected from the group consisting of;

said vertical attachment member defining a hole through which a pin may pass to secure said vertical attachment member to said vertical support;

an adjustable set screw selectably fixing said vertical



attachment member to said vertical support; and

a clamp selectably fixing said vertical attachment member
to said vertical support;

said free weight connecting member having a free end
connectable to said free weight and a fixed end pivotably coupled to said
vertical attachment member; whereby

a free weight connected to said free end is free to move
vertically about said pivotable fixed end;

a counterweight coupled to and counterbalancing said
vertical attachment member;

said counterweight traveling through said vertical support;
and

said counterweight defining a slot, said pin traveling
through said slot when said counterweight travels past said pin whereby

free weights may be attached to said free weight
connecting member and supported by said supporting member until used
by a weightlifter.

Claim 25 (original) An exercise device comprising:

a free weight connecting member adapted to be supported
from a supporting member having a horizontal stop, said free weight



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connecting member being pivotably connectable to a free weight, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported;

a free weight connecting system including said free weight connecting member, said free weight connecting system further comprises;

an extending member extending outwardly and rearwardly from said vertical attachment member, said free weight connecting system further comprises;

a vertical coupling member pivotably coupled to said extending member and pivotably coupled to said free weight connecting member, said vertical coupling member pivotable in a generally horizontal direction whereby;

free weights may be attached to said free weight connecting member and supported by said supporting member until used by a weightlifter.

Claim 26 (original) An exercise device comprising:

a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight



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connecting member being pivotably connectable to a free weight, said
free weight connecting member being adaptable to rest upon said
horizontal stop of said supporting member when said free weight
connecting member is otherwise not supported;

a free weight clamp pivotably coupled to said free weight
connecting member, said free weight clamp further comprises:

first and second forks respectively defining first and second
parallel slots, said first fork spaced apart from and parallel to said second
fork;

a pivotable coupling coupled to said first and second forks,
said pivotable coupling attachable to said free weight connecting member
and providing a pivotable connection between said pivotable coupling
and said free weight connecting member; and

first and second free weight retaining members pivotably
and respectively coupled to said free weight clamp generally adjacent
said first and second forks, said first and second free weight retaining
members capable of retaining a free weight held by said first and second
forks by preventing extraction of said free weight from said first and
second forks until said first and second free weight retaining members
are pivoted away from said first and second forks; whereby

said free weight may be removably attached to said free



weight clamp, said free weight clamp holding said free weight until
selectably released from said free weight clamp to prevent said free
weight clamp from dropping said free weight, whereby

free weights may be attached to said free weight connecting
member and supported by said supporting member until used by a
weightlifter.

Claim 27 (original) An exercise device, comprising:

a free weight connecting member adapted to be supported
from a supporting member having a horizontal stop, said free weight
connecting member being pivotably connectable to a free weight, said
free weight connecting member being adaptable to rest upon said
horizontal stop of said supporting member when said free weight
connecting member is otherwise not supported said free weight
connecting member being pivotably connected to a vertical coupling
member;

a vertical attachment member being adaptable to be
slidably and selectably attachable to a vertical support, said vertical
attachment member coupled to said supporting members;

a vertical post, said vertical post coupled to said
horizontal supporting member and serving to support said supporting



member, said vertical post adapted to fit to a weight stand; whereby
the exercise device may be supported by said weight stand
and said weight stand may be retrofit by the exercise device; whereby
free weights may be attached to said free weight
connecting member and supported by said supporting member until used
by a weightlifter.

Claim 28 (new) An exercise device, comprising:
a free weight connecting member adapted to be supported
from a supporting member having a horizontal stop, said free weight
connecting member being pivotably connected through a first pivot for
forward and backward movement relative to said supporting member and
being pivotably connectable through a second pivot to a free weight, said
free weight connecting member being adaptable to rest upon said
horizontal stop of said supporting member when said free weight
connecting member is otherwise not supported;
a vertical attachment member being adaptable to be
slidably and selectably attachable to a vertical support, said vertical
attachment member coupled to said supporting members and, wherein
said vertical attachment member is attachable to said vertical support by
means selected from the group consisting of:



said vertical attachment member defining a hole through which a pin may pass to secure said vertical attachment member to said vertical support;

an adjustable set screw selectably fixing said vertical attachment member to said vertical support;

a clamp selectably fixing said vertical attachment member to said vertical support;

a counterweight coupled to and counterbalancing said vertical attachment member, said counterweight traveling through said vertical support; and

said counterweight defining a slot, said pin traveling through said slot when said counterweight travels past said pin.

Claim 29 (new) An exercise device, comprising:

a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connected through a first pivot for forward and backward movement relative to said supporting member and being pivotably connectable through a second pivot to a free weight, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight



connecting member is otherwise not supported;

a free weight connecting system including a vertical attachment member attached to said free weight connecting member, said free weight connecting system further comprises:

a vertical coupling member pivotably coupled to said extending member and pivotably coupled to said free weight connecting member, said vertical coupling member pivotable in a generally horizontal direction; whereby

free weights may be attached to said free weight connecting member and supported by said supporting member until used by a weightlifter.

Claim 30 (new) An exercise device, comprising:

a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connected through a first pivot for forward and backward movement relative to said supporting member and being pivotably connectable through a second pivot to a free weight, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported;



a free weight clamp pivotably coupled to said free weight connecting member, said free weight clamp further comprises:

first and second forks respectively defining first and second parallel slots, said first fork spaced apart from and parallel to said second fork;

a pivotable coupling coupled to said first and second forks, said pivotable coupling attachable to said free weight connecting member and providing a pivotable connection between said pivotable coupling and said free weight connecting member; and

first and second free weight retaining members pivotably and respectively coupled to said free weight clamp generally adjacent said first and second forks, said first and second free weight retaining members capable of retaining a free weight held by said first and second forks by preventing extraction of said free weight from said first and second forks until said first and second free weight retaining members are pivoted away from said first and second forks; whereby

said free weight may be removably attached to said free weight clamp, said free weight clamp holding said free weight until selectably released from said free weight clamp to prevent said free weight clamp from dropping said free weight; whereby

free weights may be attached to said free weight



connecting member and supported by said supporting member until used
by a weightlifter.